



CLOCKWISE AYURVEDIC APPROACHES FOR DIABETIC CARE IN CURRENT SCENARIO - A COMPREHENSIVE REVIEW

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Abstract:

Diabetes mellitus (DM) is a metabolic disease, involving inappropriately elevated blood sugar levels. Diabetes Mellitus is emerging problem worldwide. Soon India will be the capital for Diabetic patient if proper focus not given on such problem. As Ayurveda mainly focus on to maintain the healthy lifestyle of people and to eliminate the disease from diseased person. As per Ayurveda the diet and daily habits are more responsible for formation of disease in healthy person. So, the present research paper mainly focus on maintaining a whole nutritional diet and healthy lifestyle. For this purpose, we focus on the formation of clockwise routine habit schedule and food items which help to reverse diabetes.

Keywords: Ayurvedic approaches, Diabetic Care, Diabetic diet, Reverse blood sugar, Dinacharya for Diabetes .

Introduction:

Diabetes mellitus is taken from the Greek word diabetes, meaning siphon - to pass through and the Latin word mellitus meaning sweet. Ancient Greek, Indian, and Egyptian civilizations discovered the sweet nature of urine in this condition, and hence the propagation of the word Diabetes Mellitus came into being.⁽¹⁾

Diabetes mellitus (DM) is a metabolic disease, involving inappropriately elevated blood glucose levels. DM has several categories, including type 1, type 2, maturity-onset diabetes of the young (MODY), gestational diabetes, neonatal diabetes, and secondary causes due to endocrinopathies, steroid use, etc. The main subtypes of DM are Type 1 diabetes mellitus (T1DM) and Type 2 diabetes mellitus (T2DM), which classically result from defective insulin secretion (T1DM) and or action (T2DM). T1DM presents in children or adolescents, while T2DM is thought to affect middle-aged and older adults who have prolonged hyperglycaemia due to poor lifestyle and dietary choices⁽²⁾. The pathogenesis for T1DM and T2DM is drastically different, and therefore each type has various aetiologies, presentations, and treatments.

Diabetes Mellitus is emerging problem worldwide. Soon India will be the capital for Diabetic patient if proper focus not given on such problem. As per Ayurvedic fundamental principal “Swasthasya Swastha Rakshanam / Aturasya Vikar Prashanam //” cha.su.30/28⁽³⁾.

As mainly Ayurveda authors emphasizes clockwise routine of day to keep person healthy and to break pathogenesis and reverse the disease without recurrence for a longer period and complications, keeping above pathogenesis of diabetes and principal of ayurveda authors facts in mind ,we have planned present article for clockwise natural habits and diet that can reverse the diabetes.

Clockwise natural habits that can reverse diabetes:

Ayurveda is science of life which specifies the clockwise routine of the day (Dinacharya) for maintains of the normal health and to live without any complication. The author aim of the present article is relevant to Dinacharya ⁽⁴⁾ with a present scenario and enlighten the path for every person who suffers from Diabetes mellitus to reverse the blood sugar level.

1. Wake up

Ayurveda coin the term ‘Bramhamuhurta’ that means to wake up before sunrise. For current scenario the person of diabetes mellitus should wake up before sunrise at 5 clock and do his/her natural morning activities like defecation act and other activities. As per scientific research human body needs 8 hours of sleep to maintain the normal health as well as to boost immunity.

2. Tooth brushing

Diabetes mellitus person should use ‘Neem’ tree steam (Azadirachta indica) for Tooth brushing as it help for regulating the blood glucose level. It may be said that tooth brushing of fresh Neem tree steam approximately 15 -20 cm in length for 15 mins may help to reverse the fasting blood sugar level. Make arrangement of Neem tree steam at evening or early morning.

3. Drinking of oral fluids

The diabetes mellitus sufferers should take a glass of (200 ml) plain Nimbu pani or Nimbu pani mixed with rock salt or sugar free green tea or decoction of anti diabetic herbal remedies. The diabetes mellitus sufferers should take any one of them according to their suitability and availability which may helpful to give energy after overnight fast.

4. Exercise

Daily outdoor walking with soft and smooth shoes/ Chappal for at least 30-50 min is helpful to reverse the diabetes mellitus. Due to some misguided advice by common man/ quacks medical practitioner, it is observed that number of diabetic sufferers carried out walking with barefoot which may aggravating factor for the pathogenesis of diabetic foot ulcer.

5. Abhyag and Udavartana

According to Ayurveda, Abhyag means application of oil with Tilam Tailm or medicated oil. Udavartana means application of herbal remedies with Dashamool, Yastimadhu, Panchvankal and Saindhav Lavana Churna may beneficial to skin as it act as anti-ageing, improve the skin barrier properties to various skin infection, help to decrease the unwanted fats and also prevents wound complications.

6. Nasya

Diabetes mellitus sufferers must take the Pratimarshya Nasya, which consist of 2 drops medicated oil or Tilam Tailm or Ghruta in each nostril. Nasya will beneficial in various aspects as it gives better health , decrease stress and also minimise the disease pathology relevant to diabetes.

7. Nail and hair cutting

According to Ayurveda principles, nail should be cut vary carefully at interval of 15 days and hair cutting should be done at interval of 30 days and shaving may be carried at interval of minimum 7 days. Diabetic person must follow special care while cutting nails, hair and shaving because minor cuts in this procedures are more prone for wound infections.

8. Bathing

According to Ayurveda principles, hot water bathing with antiseptic soap or herbal anti diabetic remedies is very useful in diabetic care as it is basic way of daily disinfectant to whole body. During the bathing process specially care of foot cleanness with the help of smooth stone scrubber or brush may help to prevent diabetic foot ulcer.

9. Worship

Diabetes mellitus sufferers should worship the “God” according to his/her own belief for approximately 10-15 min to improve the spiritual powers and for personal satisfaction which may help to reduce the stress factor and hence reverse the blood sugar level.

10. Morning breakfast

The diabetes person should break his/her fast by taking proper quantity of Chapati, Bhakari,vegetables with green salad, fresh fruits and juices, dry fruits and soft diet like Idli, Dosa, Upama, Sprouts, eggs which may fried with ghee or sunflower oil as per suitability to full fill the requirement. Daily reading of newspaper, information must be acquired from social media for boost up our knowledge and to stay connected with surrounding changes.

11. Wearing a clean cloths

As a diabetes mellitus person are immune compromise they must wear a neat and clean cloths according to their profession and routine work but authors may suggest that tight jeans and inner wears should avoided to prevent precipitation of the eczema and other wound relevant problems. So use of cotton and loose dressing must be required to prevent complications of diabetes.

12. Assignment with daily work

At work place the diabetes mellitus patient should do all work with wisdom, intelligence , happy environment and did not take any kind of stress relevant to his/her daily work. All these factors will help him/her to reverse diabetes mellitus.

13. Lunch

The diabetes person should be very conscious about his/her diet. He/she take fix quantity of diet which include green vegetables, fish, eggs, meat, chicken, pulses, Salad or the nutritious food which available place by place and also drink sufficient quantity of water to full fill the daily requirement of nutrients like carbohydrate, fats, proteins, and minerals. He/she take diet frequently and not much diet in one setting. During the daily routine work 9 AM to 6 PM, he/she may take lemon tea, black tea, sugar free coffee, Nimbu pani, Jal Jeera, fruit juice, water, coconut water, oral rehydration salt liquid drinks, which may help to reverse the diabetes mellitus. But,the authors suggested that don't use of bakery products, dairy products, snacks, junk foods and other various types of beverages.

Foods that can reverse diabetes naturally:

Being diagnosed with diabetes should be a huge wake-up call. You need a complete lifestyle overhaul to avoid having to take medication for the rest of your life. In addition to exercising, you must bring an essential change to your diet. It is important that your diet includes food items that are super low on the glycaemic index ⁽⁵⁾, that is, they must have very low sugar content. It cannot be claimed that diabetes can be reversed but it can definitely be kept under control. Here are some superfoods that can help you naturally fight diabetes.

i. Tomatoes

Fluctuations in blood pressure is an annoying problem for diabetic people. Tomato is a rich source of lycopene, a substance that can reduce cancer risk, heart disease etc. It also has a low glycaemic index (GI). Research conducted in 2011, it was found that consuming 1.5 medium tomatoes every day regulates blood pressure in people with type 2 diabetes.

ii. Citrus Foods

is better to consume the fruit with pulp directly instead of drinking the juice as pulp comprises of a good amount of fibre. While consuming citrus fruits like orange or grapefruit decreases the risk of developing diabetes in women, consuming fruit juice can raise that danger. These fruits are also low on glycaemic index, making them great non-sugar snack options for diabetic people. They should avoid fruits with high sugar content like mangoes.

iii. Beans

Beans are highly nutritious with lots of protein and fibre. They are also a great supply of potassium and magnesium. Beans such as kidney beans, soybeans and chickpeas are low on glycaemic index and study concludes that they regulate glycaemic index in people with type 2 diabetes. Eating these also keeps your stomach full for a long time, reducing overall calorie consumption.

iv. Leafy Greens

Leafy greens like spinach and kale are superb sources of vitamin K and A. Kale contains substances like potassium that can regulate blood pressure and glucosinolates that controls the spread of free radicals. Diet comprised of these superfoods combined with a healthy exercise routine can help reverse diabetes naturally!

v. Whole Grains & Lentils

Whole grains are loaded with insoluble fibre and antioxidants, that can keep your digestive system efficiently metabolise fats. Regular consumption of barley and grains keep blood sugar level low which regulates cholesterol. Lentils also supply the body in abundance with complex carbs, on and B vitamins and are beneficial for people with diabetes.

vi. Veggies

Diet rich in non-starchy and low carb vegetables such as broccoli, asparagus, artichoke and beets has been proven to reverse type 2 diabetes. They can give the hunger pangs go away without loading your body with excess carbohydrates. These foods are also rich in phytochemicals, vitamins, fibre and minerals, thus boosting you nutritionally.

vii. Fish

Fishes like wild salmon, herring, mackerel and sardines are great sources of omega 3 fatty acids, selenium and vitamin D. These are protein-rich foods that do not have carb content. Thus, they do not increase the sugar level in the blood. Diabetic people must remember not to fry their fish in too much oil or else it will lose its nutritive values and become fatty. Consuming salmon also helps slow the digestion process and keep you full for longer.

14. Cleaning of hand and feet with face wash ⁽⁶⁾

Diabetes mellitus sufferer when he/she comes home after daily work place must carefully wash/clean his/her body. Special precaution must be taken while washing feet because feet are more prone to catch infections and this may lead to diabetic foot ulcer. After washing body he/she may take lemon tea, black tea, sugar free coffee, Nimbu pani, Jal Jeera, fruit juice, water, coconut water, oral rehydration salt liquid drinks, which may help to reverse the diabetes mellitus. He/she must take an evening indoor or outdoor walk/cycling for 30 mins.

15. Dinner

The diabetic person should take dinner early at 7-8 PM. He/she should try to take again soft diet for better digestion. He/she should take green vegetables, fish, meat, chicken, eggs, pulses, salad or the nutritious food. He/she must avoid junk food, bakery products.

16. Padabhyang ⁽⁷⁾

Just before sleep Padabhyang may be beneficial to diabetes suffers, with the help of family member or self Massage to foot and sole with Tilam Tailm or medicated oil is very useful to decrease stress which beneficial for calm sleep. Diabetic person are more prone to atherosclerosis and neuropathy which leads to conditions like diabetic foot ulcer but, Padabhyag may delayed the pathogenesis or prevent aggravation of diabetic foot ulcer.

17. Next day Schedule

Diabetes mellitus sufferers must schedule his/her assignment for a next day, means all important work and time requires for them must be planned to prevent the unnecessary workload and stress.

18. Sleep ⁽⁸⁾

According to Ayurveda, sleep (Nidra) is the basic life pillar for the normal health and to reverse the disease pathology. As per research, the human body needs 8 hours of sleep. Sleeping time must be before 10 PM. Before going to sleep he/she must keep chocolate, jaggery, sugar and glass of drinking water to deal with any kind of hypoglycaemic condition at night.

Discussion:

If you think diabetes is that “ Bin Bulaya Mehmaan “, then kick it out of your life with this nutritionist-recommended diet to reverse diabetes. There are many things in this world that are irreversible, but let's bring you some good news. Diabetes or to be precise type 2 diabetes is not one of them.

"Superfood" is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The mentioned food varieties ⁽⁹⁾in present research paper are rich in vitamins, minerals, antioxidants and fibre that are good for overall health and may also help to prevent disease.

Some of the items that can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish. Foods that are easier on the budget year 'round are beans and whole grains that you cook from scratch.

Conclusion:

- The clockwise routine for a day mentioned in present research paper is very useful to reverse the diabetes mellitus.
- Mentioned clockwise routine and diet also play a important role to decrease the stress factors and promote to live healthy life which again important to regulate or maintains blood sugar level.
- Personal hygiene is also important factor to reverse the diabetes mellitus.
- Diabetes may reverse through a strict balanced diet, weight loss, and consistent workouts.
- Stressless daily routine is most responsible to reverse the blood sugar level and its related complication and stressless daily routine will achieved with Ayurveda principles mentioned in present research paper.
- Although there's no cure, there's a high likelihood to get your blood sugar levels back on track through these measures.
- "Weight loss is the most effective way to reverse diabetes, as it helps in maintaining blood sugar levels in the body."

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